

At a Glance.....activities listed happen every week unless indicated otherwise.

Rooms may change as needed, just look for the yellow signs on the doors.

2019 Challenge...Highlight your interests

Then...add one more class out of your comfort zone

| Time | Monday | |
|-------------|---|------|
| 6:30-7:20 | **Interval Circuit (Patti) | GX |
| 8:00-8:50 | **Mat Pilates (Patti) | GX |
| 9:00-12:00 | Gamers | A |
| 9:00-9:50 | **Muscle Mix (Irene) | Gym |
| 9:00-9:40 | *Fitness First 101 (DeeAnn) | GX |
| 9:45-10:15 | *The Beat (Irene) | GX |
| 10:00-12:00 | Next Chapter (Connie) | B |
| | <i>(Monday, January 7th only)</i> | |
| 10:00-10:50 | *Chair Yoga (DeeAnn) | Gym |
| 10:00-3:00 | 2D Fine Arts (10-3) | Art |
| 10:15-10:45 | *Beginning Tai Chi (Irene) | GX |
| 11:00-1:00 | Basketball Play | Gym |
| 11:15-12:05 | ***Advanced Tai Chi (Larry) | GX |
| 11:15-12:00 | Diabete's Support Group | BR |
| | <i>(2nd & 4th Mondays only - Jan 14 & 28)</i> | |
| 12:00-1:00 | EyeBall 101 (January 28 only) | B |
| 12:30-1:20 | *Healthy Back & Core (Nikki) | GX |
| 12:30-4:00 | Bridge | B |
| 1:00-6:00 | Pickleball Play | Gym |
| 1:00-3:00 | 1 on 1 Dietitian Appt (Ellen) | CA |
| | <i>(Appointments on Jan 14 & 28)</i> | |
| 1:30-3:30 | Ukulele Lessons | D |
| | <i>(Beginners - 1st & 3rd Mondays)</i> | |
| | <i>(Intermediates - 2nd, 4th, & 5th Mondays)</i> | |
| 1:30-2:30 | Billiards Lessons (Bruce) | |
| 3:00-4:30 | Genealogy (Michael) | C |
| 4:00-4:45 | Power Aqua (Vanessa) | Pool |
| 5:00-5:30 | The Beat (Kelly) | GX |
| 5:30-6:20 | **Interval Circuit (Kelly) | GX |
| 6:00-7:30 | Guitars | C |
| | <i>(Jam Session - 1st & 3rd Mondays)</i> | |
| | <i>(Lessons - 2nd & 4th Mondays)</i> | |
| 6:30-7:30 | Line Dancing | A/B |
| 6:30-7:20 | *Zumba (Kelly) | GX |
| 6:30-7:45 | Photography 101 | Art |
| | <i>(starting Mon., Jan 14th)</i> | |

| Time | Tuesday | |
|-------------|--|------|
| 6:30-7:20 | Aquatic Athletics (Susan) | Pool |
| 7:00-8:00 | Wellness Walkers | Gym |
| 8:30-5:30 | \$AARP Driver's Safety Course | B |
| | <i>(January 29th only)</i> | |
| 9:00-1:00 | Pickleball Play | Gym |
| 9:00-9:50 | **Zumba (Laura/Madhu) | GX |
| 9:00-9:50 | Aqua Energy (Betty) | Pool |
| 10:00-11:15 | Chat with Chaire (Jan 22 only) | L |
| 10:00-12:00 | Bird Watching (Martin Nature Park) | OS |
| 10:00-12:00 | Adv. Figure Drawing | B |
| 10:00-12:00 | \$Beginning Drawing | Art |
| 10:00-12:00 | Dulcimers Strummers | C |
| | <i>(1st & 3rd Tuesdays of the month)</i> | |
| 10:00-2:00 | Angel Gowns | C |
| | <i>(2nd & 4th Tuesdays of the month)</i> | |
| 10:15-11:00 | ***High Level Yoga Sculpt (Nikki) | GX |
| 10:15-11:00 | Aqua Energy (Betty) | Pool |
| 11:00-12:00 | Veteran's Support Group | BR |
| | <i>(2nd Tuesday of the month only - Jan 8)</i> | |
| 11:15-12:00 | **STEP (Patti) | GX |
| 12:30 til ? | Movie Club (Jan. 29 only) | L |
| 12:30-1:30 | \$ Golden Swans | GX |
| 1:00-3:00 | Pickleball Lessons | Gym |
| | <i>(2nd Tuesday of the month only)</i> | |
| 1:00-3:00 | Heart for Hearing (Jan 15th only) | CA |
| 1:00-3:00 | Technology Help | C |
| 1:00-3:00 | Life in Color | BR |
| 1:00-7:30 | \$Pottery Lab | Art |
| 4:00-4:50 | *Tai Chi Balance (Carole) | GX |
| 5:00-7:00 | Basketball Play | Gym |
| 5:00-5:30 | *Easy Yoga (Monica) | GX |
| 5:30-6:20 | ***Yoga Flow (Monica) | GX |
| 5:30-6:20 | Aquatic Athletics (Susan) | Pool |
| 6:30-7:20 | Mix-it-up Aquatics (Susan) | Pool |

| Time | Wednesday | |
|-------------|--|------|
| 6:30-7:20 | **Interval Circuit (Patti) | GX |
| 7:00-8:00 | Watercolor Journal A-Z | Art |
| 8:00-8:50 | **Mat Pilates (Patti) | GX |
| 9:00-10:00 | Mending Hearts | D |
| 9:00-12:00 | Gamers | A |
| 9:00-12:00 | Mahjong | L |
| 9:00-9:50 | **Muscle Mix (Irene) | GX |
| 9:00-9:50 | *Chair Fitness Combo (DeeAnn) | Gym |
| 10:00-10:50 | *Chair Yoga (DeeAnn) | Gym |
| 10:00-10:50 | **Midlevel Yoga (Irene) | GX |
| 10:00-12:00 | Leatherworking (Irene) | C |
| 10:00-3:00 | 2-D Fine Arts (Linda) | Art |
| 11:00-12:00 | Healthier You with Becky | B |
| | <i>(Wed., Jan 30 only)</i> | |
| 11:00-1:00 | Basketball Play | Gym |
| 11:15-12:05 | ***Advanced Tai Chi (Larry) | GX |
| 12:00-2:00 | Writer's Corner (Trina) | D |
| 12:00-3:00 | 2-D Fine Arts (Linda) | Art |
| 12:30-1:20 | *Healthy Back & Core (Nikki) | GX |
| 12:30-1:00 | Last Word "Fiction" Book Club | C |
| | <i>(3rd Wednesday only - Jan 16)</i> | |
| 12:30-4 | Bridge | B |
| 1:00-2:00 | Non-Fiction Book Club | BR |
| | <i>(4th Wednesday only - Jan. 23)</i> | |
| 1:00-5:00 | Seasoned Quilters | C |
| | <i>(1st, 3rd, & 5th Wednesdays only)</i> | |
| 1:00-6:00 | Pickleball Skill Level Play | Gym |
| 2:00-4:00 | Jewelry Lab (Susan) | D |
| 2:00-4:00 | Wood Whittling (Neil) | L |
| 2:00-4:00 | Volunteer Round-up | B |
| | <i>(Wed., Jan 23rd only)</i> | |
| 4:00-4:45 | Aqua Zumba (Keeley) | Pool |
| 4:00-4:50 | *Chair Yoga (Darendia) | GX |
| 5:00-5:30 | *The Beat (Kelly) | GX |
| 5:30-6:20 | **Interval Circuit (Kelly) | GX |
| 5:30-6:30 | Alzheimer's Support | C/BR |
| | <i>January 2 & 16 (Every other Wed.)</i> | |
| 6:30-7:20 | *** Zumba (Kelly) | GX |

| Time | Thursday | |
|-------------|---|------|
| 6:30-7:20 | Aquatic Athletics | Pool |
| 7:00-8:00 | Wellness Walkers | Gym |
| 9:00-1:00 | Pickleball Play | Gym |
| 9:00-9:50 | **Zumba (Laura/Madhu) | GX |
| 9:00-9:50 | Aqua Zumba (Keeley) | Pool |
| 10:15-11:05 | ***High Level Yoga Sculpt (Terri) | GX |
| 10:15-11:00 | Aqua Tabata (DeeAnn) | Pool |
| 10:00-12:00 | \$Acrylic Mixed Media | Art |
| 10:00-11:00 | Total Wellness (OCCHD) | A/B |
| | <i>(Jan.17-March 7 / 8 wk program)</i> | |
| 11:00-12:00 | Ask a Physical Therapist | D |
| | <i>(3rd Thursday - Jan 17th only)</i> | |
| 11:15-12:05 | **Interval Circuit (Terri) | GX |
| 11:30-12:30 | Natural Grocers (Jan. 10th only) | |
| 11:30-1:00 | Free Blood Pressure Checks | CA |
| 12:30-2:30 | Sticks & Strings | BR |
| 1:00-2:00 | Integris Health Talk | B |
| | <i>(1st Thursday only - Jan. 3)</i> | |
| 1:00-2:00 | Welcome to HLOKC (Kathy) | B |
| | <i>(2nd Thursday only - Jan 10th)</i> | |
| 1:00-2:30 | New Chorus Group | C |
| | <i>(Meeting weekly starting Jan 10)</i> | |
| 1:00-3:00 | Adv. Watercolor (Cynthia) | A |
| 1:00-3:00 | Beginning Knitting & Crochet | D |
| 1:00-7:30 | \$Pottery Lab | Art |
| 2:00-4:00 | Ladies Pickleball | Gym |
| 2:00-4:00 | Bunco - Jan 24th only | C |
| 4:00-4:50 | *Tai Chi Balance (Carole) | GX |
| 4:30-6:30 | What's Stopping Me | BR |
| | <i>(Jan 24th only - Appt. Needed)</i> | |
| 5:00-7:00 | 3 on 3 Basketball Play | Gym |
| 5:00-5:30 | *Easy Yoga (Monica) | GX |
| 5:30-6:20 | ***Yoga Flow (Monica) | GX |
| 5:30-6:15 | Aquatic Athletics (Susan) | Pool |
| 6:30-7:15 | Mix-it-up Aquatics (Susan) | Pool |

| Time | Friday | |
|-------------|--|------|
| 6:30-7:20 | **Spin & Tone (Patti) | GX |
| 8:00-8:50 | **Mat Pilates (Nikki) | GX |
| 9:00-9:50 | *Chair Fitness Combo (DeeAnn) | Gym |
| 9:00-9:45 | Aqua Energy (Betty) | Pool |
| 9:00-12:00 | Gamers | A |
| 9:00-9:50 | **Cardio Kickboxing (Irene) | GX |
| 9:45-10:15 | *The Beat (Irene) | GX |
| 10:00-10:50 | *Stretch/Restore (DeeAnn) | Gym |
| 10:00-12:00 | Beginning Art Classes | Art |
| | <i>\$Beginning Watercolor (Jan 4 & 11)</i> | |
| | <i>\$Colored Pencil Shading (Jan. 18 & 25)</i> | |
| 10:15-10:45 | *Beginning Tai Chi (Irene) | GX |
| 11:00-1:00 | Basketball Play | Gym |
| 11:15-12:05 | ***Advanced Tai Chi (Larry) | GX |
| 12:30-4:00 | Bridge | B |
| 1:00-4:00 | Open Art Lab | Art |
| 1:00-3:00 | Benefit Bingo (Jan. 25 only) | A/B |
| 1:00-3:00 | Sewinsistas | C |
| | <i>(1st & 3rd Fridays only - Jan. 4 & 18)</i> | |
| 1:00-3:00 | Weaving Mats | C |
| | <i>(2nd & 4th Fridays only - Jan. 11 & 25)</i> | |
| 1:00-6:00 | Pickleball Open Play | Gym |

| Time | Saturday | |
|-------------|---------------------------------------|------|
| 7:30-8:30 | Wellness Walkers | Gym |
| 9:00-9:50 | **Zumba (Kelly) | GX |
| 9:00-9:45 | Aqua Zumba (Keeley) | Pool |
| 10:00-10:50 | **Mid-Level Yoga | GX |
| 10:00-11:00 | Genealogy (David) | B |
| | <i>(2nd & 4th Saturdays only)</i> | |
| 10:00-12:00 | New Tech 1 on 1 | L |
| 10:00-12:00 | \$Saturday Art Workshop | Art |
| | Jan 5 - Floral Watercolor & Ink | |
| | Jan 12 - Acrylic Pouring | |
| | Jan 19 - Intro to Pastel Drawing | |
| | Jan 26 - Silk Scarf Painting | |
| 11:00-1:00 | J.O.Y. Thespian Group | C |
| 1:00-4:00 | What's Stopping Me | BR |
| | <i>(Jan. 19th only, Appt. Needed)</i> | |
| 11:15-11:45 | *SPIN 101 (Patti) | GX |
| 12:00-12:30 | *STEP 101 (Patti) | GX |
| 12:00-1:00 | Easy Nutrition with Reece | BR |
| 1:00-2:30 | New Year-New Attitude | B |
| | <i>(Saturdays, Jan 26-Mar. 2)</i> | |
| 1:30-3:30 | 1st Annual Chili Cookoff | A/B |
| | <i>(Sat., Jan. 19th only)</i> | |
| 1:00-3:30 | Gamers | A |

Key to Symbols, Abbreviations, etc.

A- Multipurpose Room near Patio
 B- Multipurpose Room near Kitchen
 C- Multipurpose Room near Art Room
 D- Multipurpose Room near Front Desk
 BR- Board Room
 L- Lobby
 CA- Clinic Area

Art- Art Room
 Gym- Gymnasium
 GX- Group Exercise Room
 \$- Fee Required to Enroll
 *- Beginner Level Exercise
 **- Intermediate Level Exercise
 ***- Advanced Level Exercise
 OS- Off site

Upcoming Events – Save the Dates!!!

Take a CPR course...You may save a life! - Tuesday, Feb. 12 from 8 to 12
 Valentine's Day Dinner and Sock Hop – Tuesday, Feb. 14th from 5 to 7
 What is your fall risk? Find out on Friday, March 1st from 10:30 to 12:30
 Hat and Tie Tea Party – Thursday, March 28th from 11 to 1
 For details...go to the schedule tab at www.healthylivingokc.com